Profile

Face your dragons

By Lee Milteer

We all have dreams and goals that would make our lives more exciting, but we stop ourselves from reaching for these dreams. Instead, we give ourselves reasons why we will fail; others will not approve, or we just will not be good enough. We are all consciously and unconsciously giving away our personal power and life energy to what I call Life Dragons.

Our dragons are insecurities that we are not good enough, smart enough, attractive enough, young or old enough to do whatever it is we want to do. We have let these dragons become so large in our minds that we feel powerless against them. Negative self-talk has reinforced our rationale for why we won't go for something we want. We start to program ourselves to fail. What's the use of trying anyway—we already know we'll fail. We build such a strong case against ourselves that we lose our creative energy to take the first step. We avoid what we fear we may not be able to do with perfection. Our efforts have become shrouded in frustration and we lose our sense of certainty—that winning edge.

As self-fulfilling prophecies, our focus always becomes our reality. We do have the power within us to refocus our energy and thoughts, create new solutions, give ourselves more leverage and overcome outdated fears that hold us back from creating a satisfying life. When you look back in your own history, you can clearly see that fighting imaginary dragons is a waste of your life energy and time. It's while you are battling a dragon that you don't see what alternatives you have—most of us feel trapped and cornered. Dragons or fears that have not been faced will have many long-ranging, negative effects on your life today and your future successes.

One of my dragons, I have had to admit to myself and deal with, was the fear of writing. I had reinforced the fear that I couldn't write for so long that I was afraid to try. I became very good at avoiding the anguish of facing what I had set out to do; but in my heart, I knew one day I would have to come face to face with this fear and overcome it.

It takes courage and persistence to deal with your fears in life. It's much easier not to deal with them. The problem is the price you pay for not clearly facing your fears. There is still so much pain in trying to avoid pain.

Life also has an interesting way of not letting you off the hook when you haven't yet "learned your lesson." It has been said by many famous teachers, that if you come to a challenge in your life, or situations that test you, there is a lesson to be learned. If you do not learn the lesson, the problem will come up again and again in different forms until you face it and learn from it.

I was tested again when I decided to write a book called Feel and Grow Rich, How to Inspire Yourself to Get Anything You Want. The material had been within me for some time; I knew what I wanted to share. But I found myself procrastinating and fearful of trying to write a book. No matter how hard I tried to avoid the pain of writing, I had to face the fact that if this book was to become a reality, I had to start writing. I had to face reality and make a choice of what to do with this dragon.

I had two options before me: I could give up in frustration--not write the book and stick to producing audio and video cassette tapes—or I could do something to break through my fears and write the book. I started to think about and ask myself what could I do to rid myself of this writer's block.

Robert Monroe

My intuition kept bringing up thoughts about attending the Monroe Institute of Applied Science, located in the foothills of Virginia's Blue Ridge Mountains on 850 acres known as the New Land. I really didn't know very much about the place other than that the key process employed there is called Hemi-Sync. This is an acoustical system developed and patented by Robert Monroe, a former, very successful radio and television executive and author of the best-selling books, *Journeys Out of the Body* and *Far Journeys*.

One day I called the Monroe Institute and requested information to be sent to my office. On the same day the information arrived, I happened to be talking to the editor of Dimensions Newspaper and mentioned my interest in going. She said, "That's interesting, we just had a meeting and wanted to ask someone to go and write a story about the experience for our publication!" Within two weeks, my visit was all arranged with almost no effort on my part. I felt as if it were a sign that I had found a key to help me overcome my writing dragon.

Thousands of people from all walks of life, including professionals from science and academia from all over the world, have visited the institute to participate in brain-study workshops. The workshops implement the new technology of Hemi-Sync to create an altered state of awareness by introducing a slightly different sound-wave frequency in each ear. These sound waves build synchronized resonance between the two hemispheres of the brain. Sound-wave patterns can be used for relief from pain and drug abuse, insomnia, rapid physical healing, accelerated learning, creativity enhancement, stress reduction, increased concentration, weight loss, gaining confidence, or simply improving your tennis or golf game. These claims were backed up by numerous physicians, educators, engineers and scientists. Over 200,000 people have experienced Hemi-Synch through audio tapes.

What happened after I arrived literally changed my life. I have been meditating for many years and know in my heart that the most profound answers to life's problems have always come from my intuition. My inner guidance has always led me to the right resources or the right people who could give me the answers. Robert Monroe says that the programs are aimed at enabling participants to experience profound areas of awareness. This 6-day program quite simply allowed me to reach meditative states deeper than I have ever had the opportunity to reach before. I spent six days learning about who I was and exactly what I want out of my life—and my creativity, which had been shut down by fear, started to open. I released a lot of old programming an fears that held me back from truly living the way I wanted. Since I ha been trying to write my book for over two years, I knew that, deep down, my fear was the only thing that kept sabotaging my work. Everything I wrote, I tore up; I couldn feel confident that it was good enough. I kept going in circles, wri ing and rewriting chapters, changi directions of the book and generall frustrating myself. In the Monroe Institute's program, I "got" from intuition, or inner guidance, the